



Mediterranean Tuna Salad



Entire recipe (about 2 cups): 275 calories, 12g total fat (3g sat. fat), 784mg sodium, 12g carbs, 3g fiber, 6g sugars, 29.5g protein

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Prep: 10 minutes



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Ingredients

- 1 tbsp. white wine vinegar
 - 1 tsp. olive oil
 - 1/2 tsp. Italian seasoning
 - One 5-oz. can albacore tuna packed in water, drained and flaked
 - 1/2 cup halved cherry or grape tomatoes
 - 1/4 cup chopped artichoke hearts packed in water, drained
 - 2 tbsp. crumbled feta cheese
 - 2 tbsp. sliced black olives
 - 2 tbsp. finely chopped red onion
 - 1 tbsp. chopped fresh basil, or more for topping
- Serving suggestions: stuff in a pita, serve over salad, low-carb tortilla, whole-grain crackers, lettuce cups, whole-grain bread

Directions

In a small bowl, combine vinegar, oil, and seasoning. Whisk to combine.

Combine remaining ingredients in a medium bowl. Mix well. Add vinegar mixture and toss to coat.

MAKES 1 SERVING

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